ORDERING REPLACEMENT PARTS

If you encounter any problems with this product, or if you need to order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Leeds, LS11 8JG
Great Britain (GB)

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEEVBE1495.0)
- the NAME of the product (WEIDER PRO PT800 exercise rack)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the centre of this manual)

Part No. 226076 R0705A

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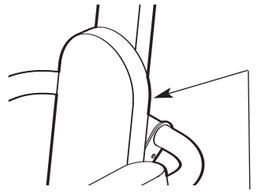
WEIDER® PRO PT800

Model No. WEEVBE1495.0
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

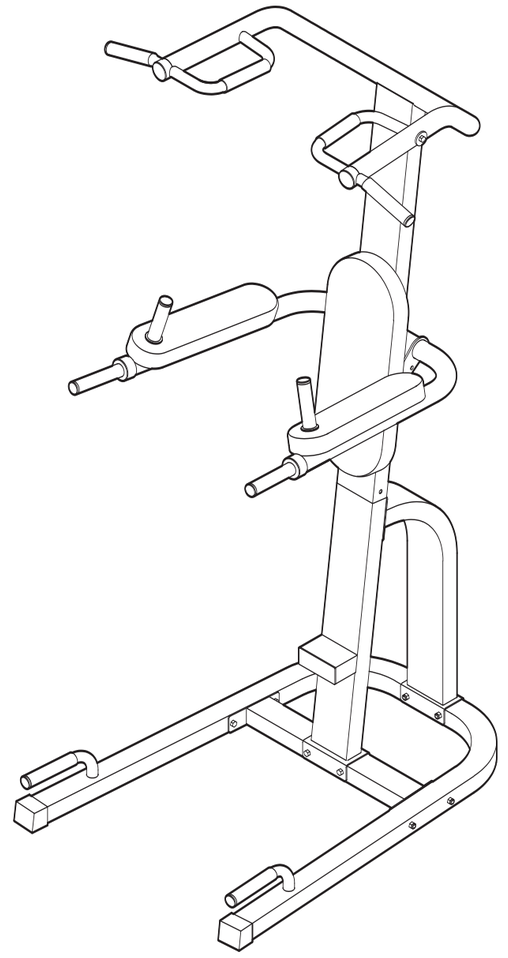
Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Leeds
LS11 8JG
Great Britain (GB)

csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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www.iconeurope.com

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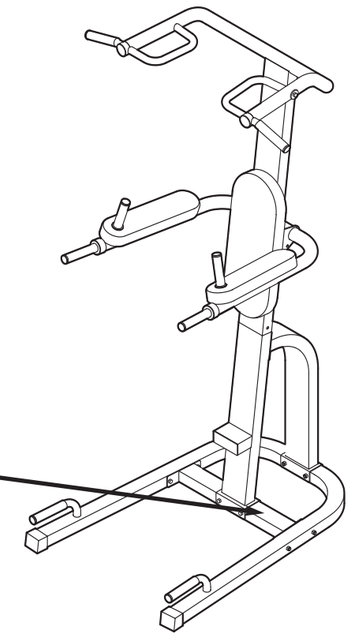
ORDERING REPLACEMENT PARTS . . . . . Back Cover

Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the centre of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decal shown here has been placed on the exercise rack in the indicated location. If the decal is missing or illegible, call our Customer Service Department toll-free and order a free replacement decal (see the back cover of this manual). Apply the replacement decal in the location shown.



⚠WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

WEIDER is a registered trademark of ICON IP, Inc.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

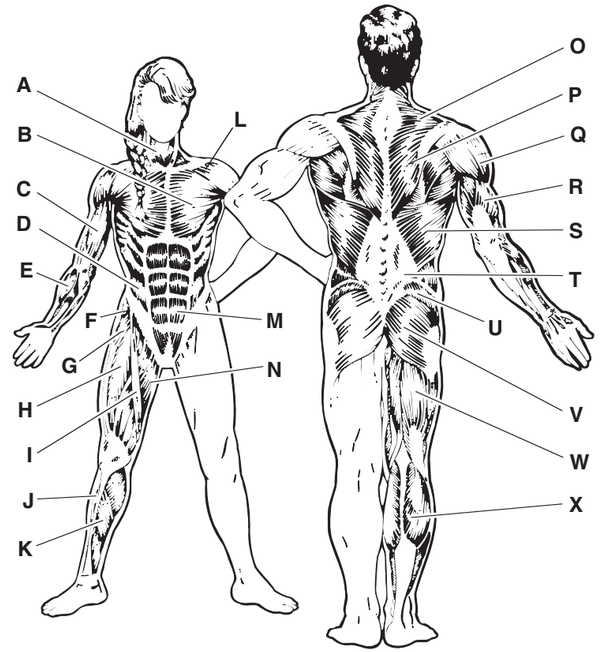
Plan to spend the first couple of weeks familiarising yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

MUSCLE BUILDING
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:
- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

TONING
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

WEIGHT LOSS
To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

CROSS TRAINING
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:
- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an exercise cycle or an elliptical exerciser, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasising areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise rack.

1. **Read all instructions in this manual and all warnings on the exercise rack before using the exercise rack. Use the exercise rack only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the exercise rack are adequately informed of all precautions.**
3. **The exercise rack is intended for home use only. Do not use the exercise rack in any commercial, rental, or institutional setting.**
4. **Keep the exercise rack indoors, away from moisture and dust. Place the exercise rack on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise rack to mount, dismount, and use the exercise rack.**
5. **Keep children under 12 and pets away from the exercise rack at all times.**
6. **Make sure all parts are properly tightened each time the exercise rack is used. Replace any worn parts immediately.**
7. **Always wear athletic shoes for foot protection while exercising.**
8. **The exercise rack is designed to support a maximum user weight of 135 kg (300 lbs.).**
9. **The exercise rack is not designed to be used with weights. Do not use weights or other forms of resistance with the exercise rack.**
10. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

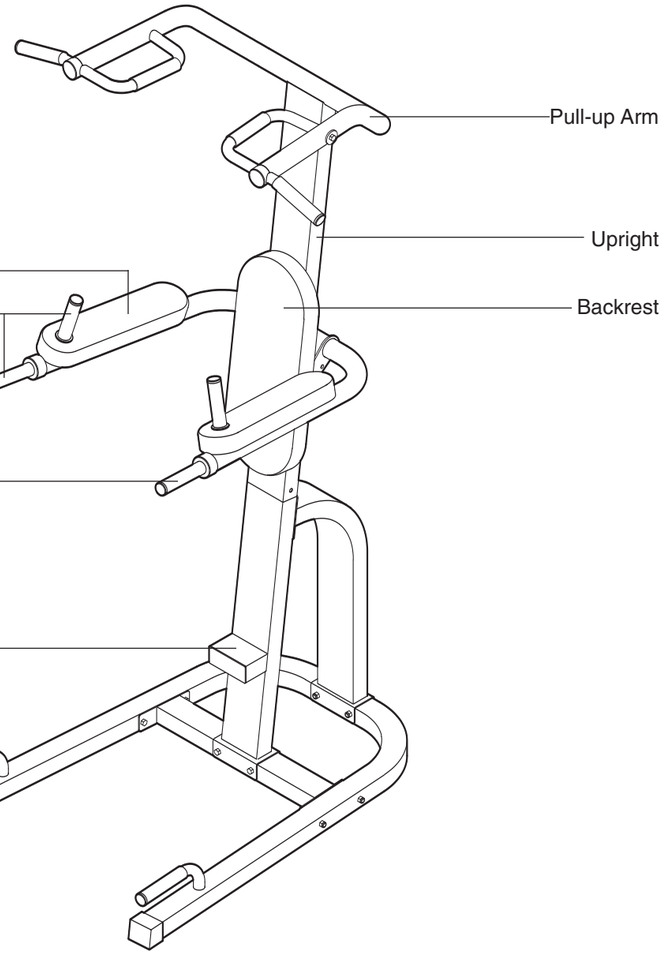
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO PT800 exercise rack. The exercise rack is designed to help you develop the major muscle groups of the upper body. Whether your goal is a shapely figure, dramatic increase in muscle size and strength, or a healthier cardiovascular system, the exercise rack will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the exercise rack. If you have questions after reading this manual, please call our Customer Service Department at **08457 089 009.** To help us assist you, please note the product model number and serial number before calling. The model number is WEEVBE1495.0. The serial number can be found on a decal attached to the exercise rack (see the front cover of this manual).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.

ASSEMBLED DIMENSIONS:
Height: 84 in. / 213 cm
Width: 41 in. / 104 cm
Depth: 44 in. / 112 cm



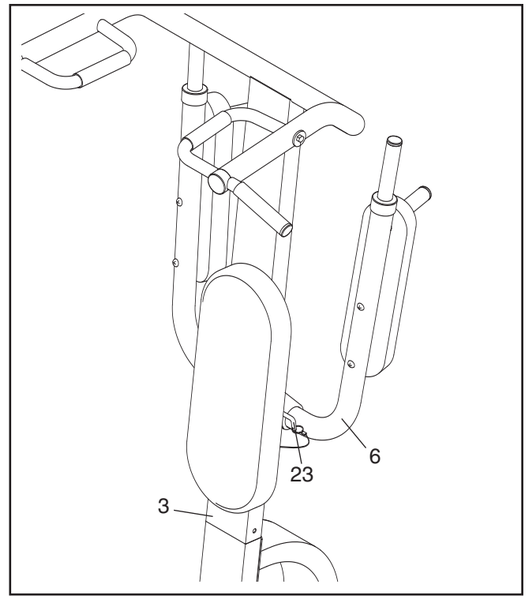
ADJUSTMENTS

This section explains how to adjust the exercise rack. See the EXERCISE GUIDELINES on page 10 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the exercise rack is used. Replace any worn parts immediately. The exercise rack can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE DIP ARM

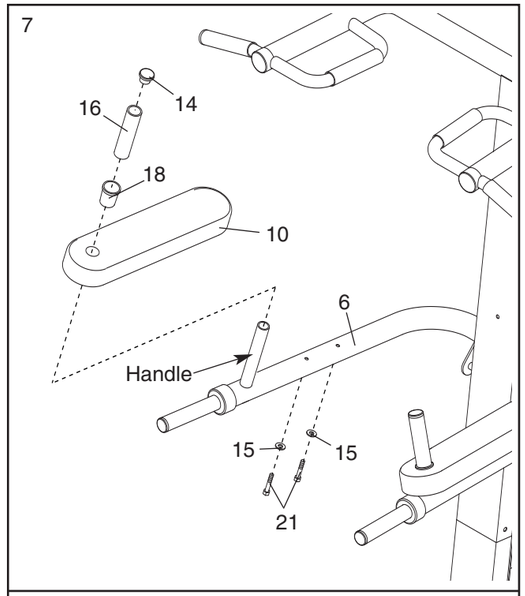
To adjust the Dip Arm (6) to the up or down position, remove the Pin (23). Move the Dip Arm to the new position and reinsert the Pin in to the Arm. **Note: The Pin must be inserted into the Dip Arm and Upright (3) when the Dip Arm is in the up position, as shown in the drawing. The Pin will be behind the Upright when the Dip Arm is in the down position.**



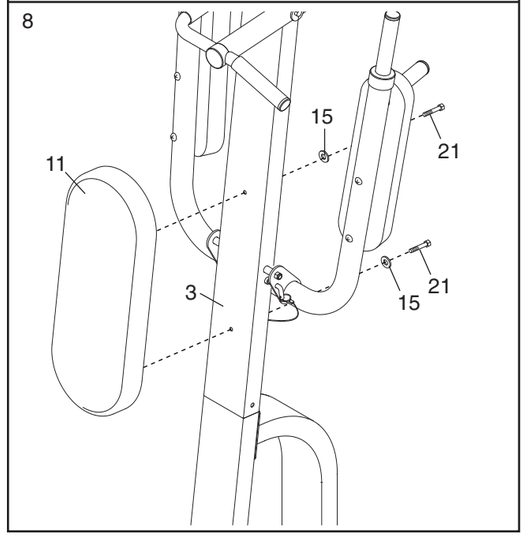
7. Attach an Arm Pad (10) to the Dip Arm (6) with two M6 x 65mm Screws (21) and two M6 Washers (15).

   Wet a Short Foam Grip (16) and the indicated handle on the Dip Arm (6) with soapy water. Press a Bushing (18), the Short Foam Grip, and a 28mm Round Inner Cap (14) onto the handle on the Dip Arm.

   Repeat this step for the other side of the Dip Arm (6).



8. Attach the Backrest (11) to the Upright (3) with two M6 x 65mm Screws (21) and two M6 Washers (15).



9. **Make sure that all parts have been properly tightened before the exercise rack is used.**

ASSEMBLY

Make Things Easier for Yourself

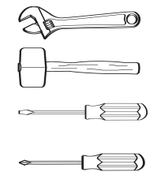
This manual is designed to ensure that the exercise rack can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- For help identifying small parts, use the **PART IDENTIFICATION CHART**.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the exercise rack, make sure all parts are oriented as shown in the drawings.

The following tools (not included) may be required for assembly:

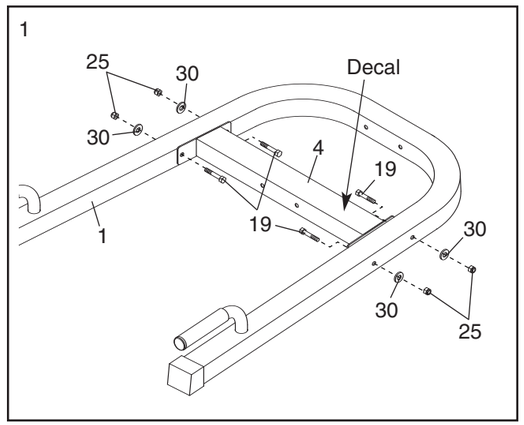
- **Two adjustable spanners**
- **One rubber mallet**
- **One standard screwdriver**
- **One Phillips screwdriver**



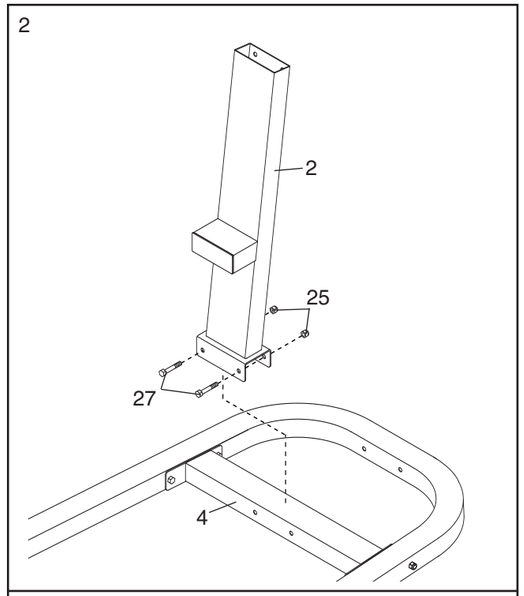
Assembly will be more convenient if you have a set of spanners.

1. **Before beginning assembly, make sure you understand the information in the box above. Important: Some of the parts described in the assembly steps may be pre-assembled.**

   Attach the Centre Base (4) to the Base Frame (1) with four M10 x 90mm Bolts (19), four M10 Washers (30), and four M10 Nylon Locknuts (25). **Make sure the warning decal is in the position shown. Do not tighten the Locknuts yet.**



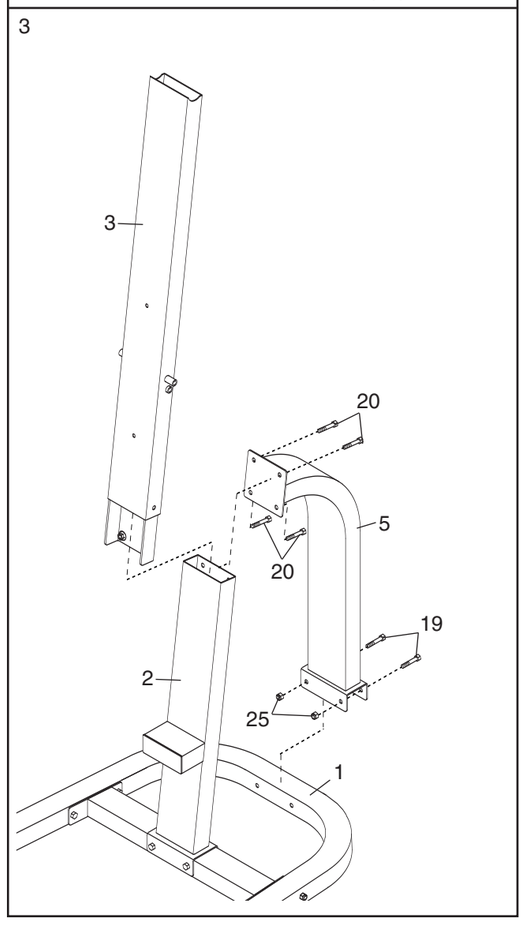
2. Attach the Upright Base (2) to the Centre Base (4) with two M10 x 95mm Bolts (27) and two M10 Nylon Locknuts (25). **Do not tighten the Locknuts yet.**



3. Attach the Support (5) to the Base Frame (1) with two M10 x 90mm Bolts (19) and two M10 Nylon Locknuts (25). **Do not tighten the Locknuts yet.**

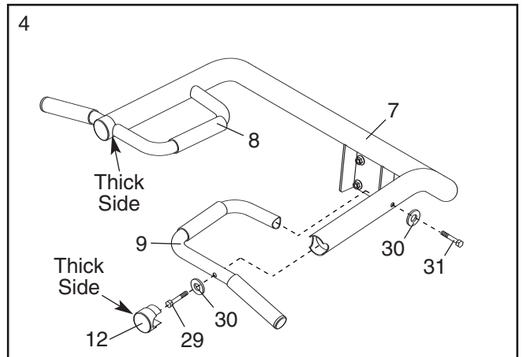
   Insert the Upright (3) into the Upright Base (2). Attach the Upright and Support (5) to the Upright Base with four M10 x 30mm Screws (20).

   Tighten the M10 Nylon Locknuts (25) used in steps 1–3.

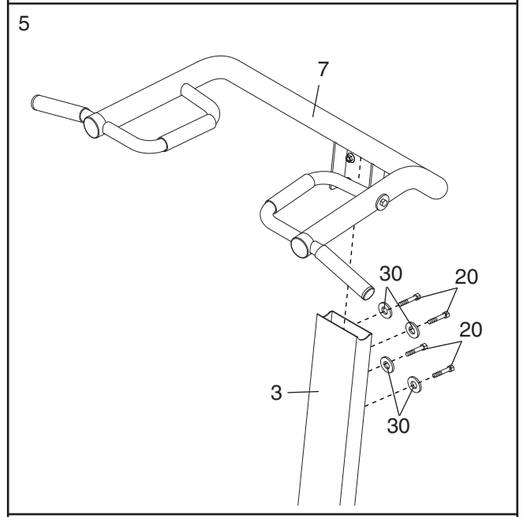


4. Attach the Left Handle (9) to the Pull-up Arm (7) with an M10 x 65mm Screw (29), an M10 x 70mm Screw (31), and two M10 Washers (30). Press a 50mm Round Inner Cap (12) into the Pull-up Arm. **Make sure that the thick side of the Cap is on the side shown.**

   Attach the Right Handle (8) in the same manner.

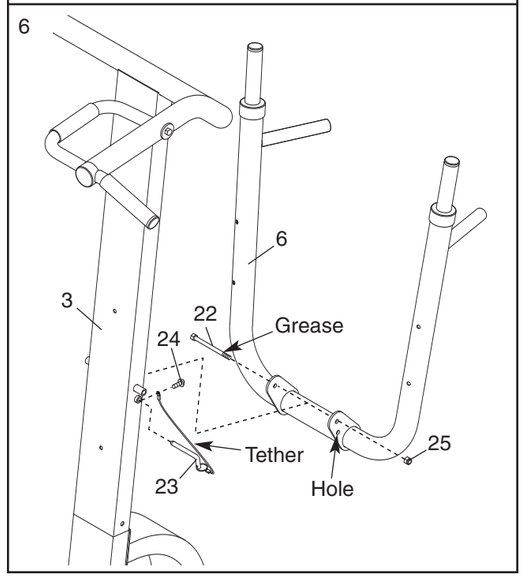


5. Insert the Pull-up Arm (7) into the Upright (3). Attach the Pull-up Arm to the Upright with four M10 x 30mm Screws (20) and four M10 Washers (30).



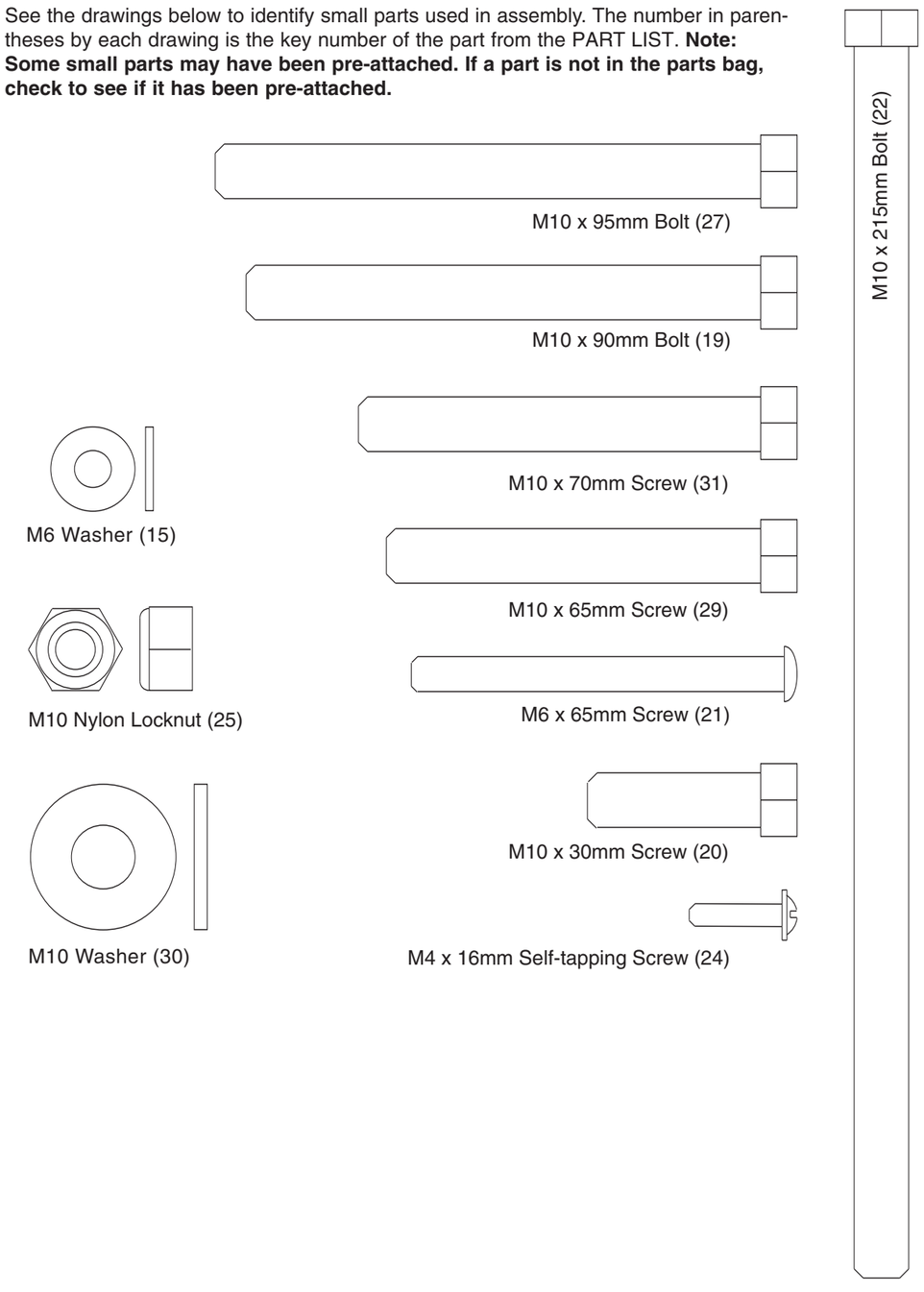
6. Lubricate the M10 x 215mm Bolt (22) with the included grease. Attach the Dip Arm (6) to the Upright (3) with the Bolt and an M10 Nylon Locknut (25). **Do not overtighten the Locknut; the Dip Arm must be able to pivot easily.**

   Attach the tether on the Pin (23) to the Upright (3) with an M4 x 16mm Self-tapping Screw (24). Insert the Pin into the hole in the Dip Arm (6) and into the Upright.



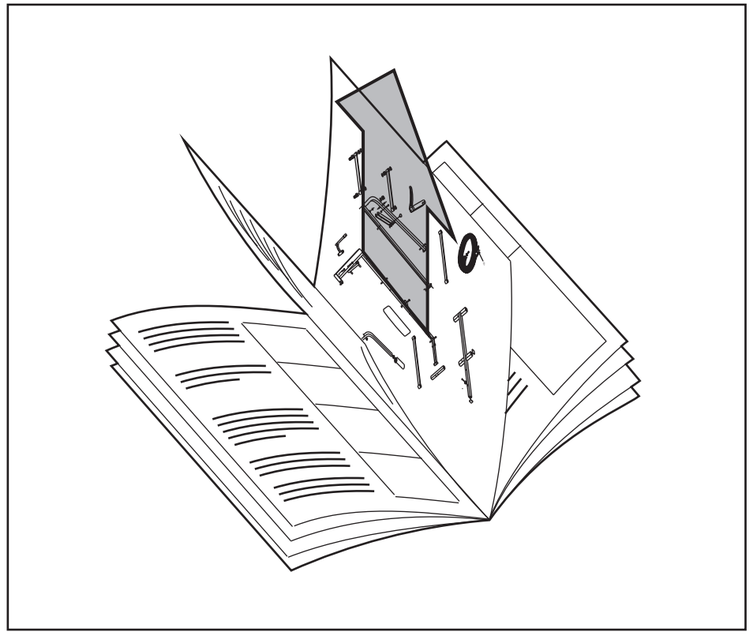
PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part from the PART LIST. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**


M10 x 95mm Bolt (27)
M10 x 90mm Bolt (19)
M10 x 70mm Screw (31)
M6 Washer (15)
M10 x 65mm Screw (29)
M10 Nylon Locknut (25)
M6 x 65mm Screw (21)
M10 x 30mm Screw (20)
M10 Washer (30)
M4 x 16mm Self-tapping Screw (24)
M10 x 215mm Bolt (22)

MAKE ASSEMBLY EASIER. REMOVE AND USE THIS PART IDENTIFICATION CHART AND PART LIST/EXPLODED DRAWING DURING ASSEMBLY.

SAVE THIS PART IDENTIFICATION CHART
PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE



PART LIST—Model No. WEEVBE1495.0

R0705A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base Frame	19	6	M10 x 90mm Bolt
2	1	Upright Base	20	8	M10 x 30mm Screw
3	1	Upright	21	6	M6 x 65mm Screw
4	1	Centre Base	22	1	M10 x 215mm Bolt
5	1	Support	23	1	Pin
6	1	Dip Arm	24	1	M4 x 16mm Self-tapping Screw
7	1	Pull-up Arm	25	9	M10 Nylon Locknut
8	1	Right Handle	26	1	50mm x 127mm Inner Cap
9	1	Left Handle	27	2	M10 x 95mm Bolt
10	2	Arm Pad	28	2	70mm x 50mm Outer Endcap
11	1	Backrest	29	2	M10 x 65mm Screw
12	2	50mm Round Inner Cap	30	12	M10 Washer
13	8	Long Foam Grip	31	2	M10 x 70mm Screw
14	8	28mm Round Inner Cap	32	1	Grip Tape
15	6	M6 Washer	#	1	User's Manual
16	2	Short Foam Grip	#	1	Exercise Guide
17	2	50mm Round Arm Cap	#	1	Grease Pack
18	2	Bushing			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WEEVBE1495.0

R0705A